

# enjoy FRIDAYS AT



R&B . HIPHOP . HOUSE ... GLAMOUR PARTYSOUNDS  
**NACHTCAFE**

THE CLUB TO BE . FACEBOOK/NACHTCAFE BAMBERG

*please dress to impress!*

DOORS 10PM . 5 EURO

GPS: BISCHBERG . INDUSTRIESTRASSE 5 . [WWW.NACHTCAFE.INFO](http://WWW.NACHTCAFE.INFO)

USAG Bamberg June 2010

Photo: Simon Hupfer

MWR Marketing & Advertising - Tel. (0951) 300 7747

June 2010  
Family & MWR



U.S. Army Garrison

# Bamberg



**4th of July  
Celebration**  
Pendleton Field, 2 p.m.



inside CAC



[www.bamberg.army.mil/mwr](http://www.bamberg.army.mil/mwr)

MWR programs provide reasonable accommodations for individuals with special needs. For assistance contact the facility manager prior to your visit.



**Celebrate Independence Day**  
Sun. July 4, 2 p.m.  
at Pendleton Sports Field



Start your National Holiday with a golf Tournament at Whispering Pines Golf Course or a 5 k Fun Run at Pendleton Field at 9 a.m. See the car show from 1-4 p.m., sponsored by Exchange New Car Sales. Live entertainment, food, children's rides and fun activities start at 2 p.m. Garrison Commander Lt. Col. Rosenberg will present his remarks at 4 p.m. and recognize the fun run winners. Enjoy the live band "PUSH!" starting at 6 p.m. Fireworks will be launched at 10:15 p.m. For more information call the Family and MWR Special Events Coordinator at (0951) 300 9010.



**PUSH!**

### Golf Tournaments 2010

June 12 All Women's Cup  
June 19 President's Prize  
July 4 Two-Person-Scramble  
July 9 Feierabend Tournament  
July 10 Ger-Am Ryder Cup  
July 18 Weyermann Cup  
July 24 Top 40 Home Game  
Aug. 7 Family Day Tournament

### Tax Relief Office Closed

The Tax Relief Office located at the Community Activity Center will be closed on **Fri. June 18**. We apologize for any inconvenience.

## Golf Clinic



Whispering Pines  
Golf Course

Bldg. 7682  
Tel. (0951) 300 8953



Learn the basics of the Game:  
Rules, Driving, Chipping and Putting  
**12 Hour-Course (6x2 hrs).**  
Starts June 7, 6-8 p.m.  
Mon.-Wed. Fri.

**\$60.00**

Sponsored by



No Federal Endorsement Implied!



### Visit the Golf Pro Shop!

**Bldg. 7682**

Open Mon.-Sun. 8 a.m.-8 p.m.  
Tel. (0951) 300 8953

### June 26 White Water Kayak \$25

Perfect for beginners! Learn the basics of white water kayaking on the Wiesent in Little Swiss. Please wear a swimsuit, water shoes, bring drinks & lunch. Includes transportation, equipment & instruction. Departs ODR at 8 a.m., returns approx. 6 p.m.



## Paris Trip

**Fri, June 18, departs 1 a.m., \$229.00, returns 20 June, 6 p.m.**

Join USAG Bamberg's BOSS program and see the beautiful city of Paris. Trip includes transportation on a German motor coach, a three hour guided city tour of Paris, two overnights in four Star hotel in Paris with breakfast. Sign up at Freedom Fitness Facility, contact the Bamberg Family and MWR BOSS Coordinator at DSN 469-9086.



Family and MWR

## Triathlon

Compete in Mountain Biking Running and Paintball!



**Sat. June 12, 9 a.m.**

Local Training Area  
Bamberg Warner Barracks

Contact Outdoor Recreation,  
Bldg. 7116, Tel. (0951) 300 9376 for more information and sign-up.



IMCOM Europe  
Mountain Bike Series 2010

June 19 USAG Hohenfels  
July 17 USAG Ansbach  
Aug 7 USAG Bamberg

Contact the local ODR Office for info





Book Your Trip  
**Online!**  
Go to  
**Army WebTrac**  
<https://webtrac.mwr.army.mil>

### June 5 Medieval Market, \$20

Take an exciting trip back to the Middle Ages at Burg Rabenstein's Mittelaltermarkt! Watch field battles, show fights, doll theatre & observe the workmanship put into everyday items. Adults & children can participate in some of the crafts! Transportation & entrance fees are included. Departs from Chapel Parking Lot at 9 a.m., returns approx. 6 p.m.

### June 9 Bike Ride FREE!

Grab your bike and join ODR for a stress relieving ride. Departs ODR at 5:30 p.m., returns approx. 7 p.m.

### June 10 Tour Under Bamberg \$20

This unique trip through tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, please wear appropriate clothing and bring a flashlight. Departs ODR at 5 p.m., returns approx. 7:30 p.m.

### June 12 Europa Park \$80

As the most popular theme park in Germany, Europa Park offers excitement & fun for the entire family. Let your adrenaline rush with the roller coasters, watch daily performances, and "explore" different countries! While there, take a picture with Euromaus to remember your travels! Transportation & entrance fees are included. Departs from the Chapel Parking Lot at 5 a.m., returns approx. 11 p.m.

### June 18-20 Conquer the Zugspitze \$150

Dominate the highest peak in Germany on a quick weekend trip. Hiking to a hut on your first day, you will experience breathtaking views! On the 2nd day, you will summit the Zugspitze & rest your head at the top of the glacier. Descending on the 3rd day, you will hike out through Austria & into Mittenwald, taking a train back to Garmisch before heading back to Bamberg. A packing list will be provided to you at time of sign-up. Trip departs ODR 18 June at 7 a.m., returns 20 June approx. 9 p.m.

### June 21 Solstice Hike \$20

On the longest day of the year, celebrate the summer solstice with an evening hike to the Walberla Plateau in Little Swiss. Although the solstice only lasts a split second, the memories will last a lifetime! Pack your dinner for a picnic at the top. Departs ODR at 5:30 p.m., returns approx. 9 p.m.

### June 26 Prague City Tour \$60

Containing one of the world's most pristine & varied collections of architecture, Prague is a vibrant city. Indulge in a Czech beer, while exploring Charles Bridge, Prague Castle, Wenceslas, Lesser Quarter & the Old Town Squares (just to name a few). Trip includes transportation & a city tour. Children ages 4-12 are \$40; children 3 & under are \$20. Departs Chapel Parking Lot at 5 a.m., returns approx. 11 p.m.



### Nonstop Triathlon

IfA Nonstop Bamberg and Bamberg Family and MWR invite you to participate in the Nonstop Triathlon on July 3 in the town of Baunach. IfA is happy to announce there are over 500 competitors from all over Germany and neighboring countries! Use the link below for more information and pre-registration!



Sponsored Event - No Federal Endorsement Implied!

### Fitness Classes

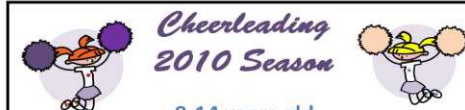
Please check the current fitness programs being offered at FFF on the MWR website at [www.bamberg.army.mil/mwr](http://www.bamberg.army.mil/mwr)



# Freedom Fitness Facility

Call (0951) 300 8890

### Child, Youth and School Services Sports and Fitness



8-14 years old

Registration: May 17<sup>th</sup> – July 30<sup>th</sup> 2010

Fee \$ 36.00

Fee \$ 36.00



FOR INFORMATION CONTACT CYSS SPORTS & FITNESS OFFICE  
DSN: 469-7523 OR 469-7452 • CIV: 0951-300-7523/7452



9-14 years old

Registration: May 17<sup>th</sup> – July 30<sup>th</sup> 2010

Fee \$ 84.00

Fee \$ 84.00



FOR INFORMATION CONTACT CYSS SPORTS & FITNESS OFFICE  
DSN: 469-7523 OR 469-7452 • CIV: 0951-300-7523/7452



3-15 years old

Registration: May 17<sup>th</sup> – July 30<sup>th</sup> 2010

Fee \$ 36.00

Fee \$ 36.00



FOR INFORMATION CONTACT CYSS SPORTS & FITNESS OFFICE  
DSN: 469-7523 OR 469-7452 • CIV: 0951-300-7523/7452

You must sign up for trips by the Monday before, or they may be cancelled. For more information, please come to ODR or call (0951) 300 9376. No refund will be given for no-shows. Military duty restraint and illness will be refunded with documentation.

Summer Reading Program 2010



# Voyage to Book Island

Wed. June 23, 11 a.m. at the Community Library through 18 August.

## Book Clubs for Book Lovers

### Teen X-Treme Book Club

Wed. June 9, 3:30 p.m.

### Artemis Fowl Book Club

Tue. June 22, 4:30 p.m.

### Mystery Book Club

Tue. June 8, 4:00 p.m.

### Animee & Manga Club

Tue. June 15, 5:30 p.m.

### Mothers and Daughters Book Club

Wed. June 2, 4:30 p.m.

### Classic Book Club

Mon. June 7, 3:30 p.m.

### Book Club for Boys

Thur. June 17, 3:30 p.m.

### History Book Club

Wed. June 2, 3:30 p.m.

### Captain Underpants Club

Wed. June 16, 4:30 p.m.

### Genealogy Discussion Group

Wed. June 23, 6 p.m.

## Special Events

### Drop-in Writers Group

Tue. June 22, 4:30 p.m.

### eResource Training

Mondays, 6 p.m.

### Movie Nights

Thur. June 3 and 17, 6 p.m.

### Free German Classes

Tuesdays, 12 p.m. **New Time!**

### Home Schooling

Mondays, 2 p.m.

**Ice cream Sundae Special**  
Create your own Ice Cream Sundae at the Cool Beans Cafe Sundae Bar!



Wed. June 2, 3 p.m.  
**\$1.50**

## Arts and Crafts Woodshop Safety Class

Sat. June 5, 10 a.m. \$15

Thur. June 10, 6 p.m. \$15

## Basic Matting and Framing

Sat. June 19, 10 a.m. \$15

Thur. June 24, 6 p.m. \$15

## Join the Scrap Booking Class

June 5, July 2\*, 5-10 p.m.

Cost is \$10 and includes dinner, hourly door prizes and a free instructional class including materials. For more information contact Wendy Sledd at (0951) 300 7308 or e-mail [wendy.sledd@us.army.mil](mailto:wendy.sledd@us.army.mil)

\*Childcare is available at the CAC's play room with care providers at the cost of \$2 per hour per child. Reservations for childcare must be made in advance as space is limited. CYS Services Childcare is available during Parents' Night Out at the Child Development Center. Reservation required.

**2010 Army Arts and Crafts Contest** is open for entry submission. Deadline for submissions will be July 5. Entry form and Contest Guidelines are on the Contest website: <https://artscrafts.fmwrc.army.mil> or contact your local Arts and Crafts.



**Bored? Don't be. Get up, get out!**

Visit the MWR Homepage at [www.bamberg.army.mil/mwr](http://www.bamberg.army.mil/mwr)

Contact:  
Ernest Johnson at DSN 469-8890



# Super June Summer Savings

Purchase 6 portrait sheets and get the 7th for 50% off! Please call or stop by to make your appointment today.



**Tel. (0951) 300 8659**

## National Fishing Week

Tue. June 1, 3:30 p.m.

Meet IMCOM Europe Fishing Instructor Wilson DelaHoz and join a tour to USAG Engineer Lake with a fishing demonstration.

## Design a Father's Card

Wed. June 16, 4 p.m.

## Tag Along with us

Teen Action Group  
Wednesdays, 4 p.m.

## Knitters' Night

Mon. June 14, 6 p.m.

## Gamers' Challenge

Saturdays, June 5, 12, 19, 26, 5 p.m.

## Gaming Club

Tuesdays, June 22, 3:30 p.m.

Xbox 360, Wii, Playstation 3, various board games. Come by and meet new friends.

## Intro to eBook

Training for Seniors and Retirees

Mon. June 28, 4 p.m.

## Cultural Tour

Tue. June 8, 12-5 p.m.

Get a guided tour through Bamberg's St. Michael Church and Cathedral with librarian Andrea Wittkamp. Bring Euros for public transportation.







# SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills

Call SKIES Unlimited at DSN 469-7452

Mr. Archie Johnson

**Piano Lessons**, Mon-Friday at:  
SAS/SKIES Unlimited Bldg 7669. Lessons  
are available for ages 3-18. The fee is \$60  
for 3-5 year olds and \$80 for 6-18 year  
olds for 4x30 minute lessons per month.

## R&B Bust-A-Groove Dance Class,

Mondays, 3:30 p.m. at SAS/SKIES  
Unlimited Bldg 7669. R&B Bust-A-Groove  
dance program is for ages 6-15  
Cost \$40 per month

**Ballet**, Thursdays, starting at 2 p.m.  
at SAS/SKIES Unlimited Bldg 7669. Ballet  
classes are for ages 3-15. Cost is \$60-\$75  
per month

## Martial Arts Classes

Mon. & Weds, starting at 3 p.m. at  
Freedom Fitness Facility 2nd Floor  
Martial Arts Classes are for ages 3-15.  
Cost is \$40 per month

## Tutoring in Math and Science

Ages 6-15  
Mon.-Thur., 6:30-7:30 p.m.  
Fri. 3-6 p.m.  
Cost is \$10 per hour for individuals, \$5  
per hour per person for group tutoring (4  
people)

## Gymnastics

**Parent & Me Tumbling** (1-2), Tues & Fri,  
9:30-10:30 a.m. \$50 Monthly  
**Turbo Tumbling** (3-4), Tuesdays, 10:30-

11:30 a.m., Thursdays, 10:00-11:00 a.m. \$50  
Monthly

## Gymnastics (Beginners),

Tues & Thurs,  
Class A 3:30-4:30 p.m.  
Class B 4:30-5:30 p.m., \$55 Monthly  
Gymnastics (Intermediate), Mondays  
3:30-5:30 p.m., Wednesdays 4:30-5:30 p.m.  
\$60 Monthly  
Gymnastics (Advanced), Wednesdays, 5:30-  
6:30 p.m., Fridays 3:30-5:30 p.m., \$60  
Monthly

Contact SKIES Unlimited at (0951) 300  
7452 or Parent Central Services at (0951)  
300 8660. Interested in booking your classes  
online? Then contact (0951) 300 9040 and  
become a WebTrac Test Customer.

## Youth Summer Fitness

Strength & Conditioning Program

June 1 - Aug. 12  
Every Monday - Thursday, 3:30-5 p.m.  
at FFF

## Open to grades 9-12

Youth will perform a variety of  
activities to improve their speed,  
power, strength, endurance, agility,  
and flexibility with personal trainer  
Tina Mace. Please wear appropriate  
athletic apparel, gym shoes and bring  
a bottle of water.

**Contact: The Edge,**  
Tel. (0951) 300 7405

**For all CYSS offers please sign-Up at  
Parents Central Services (former  
CER) Bldg. 7340  
(closed Thurs. 8 a.m.-1 p.m.)**

# WARRIOR ZONE



located at the CAC, Bldg. 7047  
Exclusively for Soldiers!

Camping Season is open!

Do you need  
Outdoor Equipment?



**BAMBERG**  
OUTDOOR RECREATION  
Bldg. 7116

# hired!

## Parent and Apprentice Orientation

Thur. June 3, 5 p.m. at JFK Youth Center

## Hired! Summer Term Begins

Mon. June 7, 3 p.m. at JFK Youth Center

**Contact:**

**Shay McNeil**

Tel. (0951) 300 8345

shay.mcneil@eur.army.mil



U.S. Army Child, Youth  
& School Services



## End-of-School BBQ

Thur. June 17, 3 p.m. at JFK Youth Center  
The school year just ended and you need to  
release a scream of excitement. Come to the  
BBQ and do just that! Celebrate June  
birthdays with us.

## Newcomers Orientation

Fri. June 18, 2 p.m. at JFK Youth Center  
Are you in 6-12th grade? Are you new to  
Bamberg? Want to meet people? Then come  
to the Newcomers Orientation to meet  
people and to get to know your place.  
Parents are welcome. There are friendly faces  
in your new place! Sign-up by the day before.

## Dad and I Challenge

Sat. June 19, 2:30 p.m. at JFK Youth Center  
Team up with your Dad for the Dad and I  
Challenge! Compete in a variety of mind,  
body and soul challenges. Spend Father's Day  
with us and earn bragging rights! Booyah!

## Climbing Wall


every Mon. in June, 4 p.m. at JFK Youth Center  
Open climb for youth in 6-12 grades.  
Permission slip required.  
Contact: (0951) 300 8345  
rizza.asuncion@eur.army.mil

## PowerAdventure for Teens

CYS Services invites children ages 13 and up to "Over the EDGE Adventures". Activities include mountain biking, indoor and outdoor rock climbing, hiking, GPS orienteering, land navigation and kayaking. The program will run **every Tuesday and Thursday, 3:30 p.m. until June 10**. The program is free for all CYSS registered children. For more information contact CYSS Parent Central Services, Bldg. 7340, Tel. (0951) 300 8660 or The Edge director tony.puskorius@eur.army.mil at Tel. (0951) 300 7716/7405.


## Golf Program for Ages 12-18

Mon. & Wed. 4-5:30 p.m. until July 28  
Activities will consist of Putting, Chipping, Longest drive contest and tournaments. Come and improve your game or just to have some fun at Whispering Pines Golf Course. Youth must register at CYSS Parent Central Services or call The Edge at (0951) 300 7405.




**ARMY FAMILY COVENANT:**  
Delivering the Promise

The Army Family Covenant's promise is to ensure excellence in Child, Youth and School Services programs. By 2012, 127 Child Development Centers and 23 Youth Centers will be completed, providing additional access to the best child care and youth programs in the country.



Learn more about this program, visit [www.armymwr.com](http://www.armymwr.com)  
**CHILD, YOUTH AND SCHOOL SERVICES**



# Making Military Memories



**Arts and Crafts**

## Scrapbook Crop

First Friday of Every Month  
Summer Schedule:

**June 4**  
**July 2\***  
5-10 p.m.

Cost is \$10 and includes dinner, hourly door prizes and a free instructional class including materials. For more information contact Wendy Sledd at (0951) 300 7308 or e-mail [wendy.sledd@us.army.mil](mailto:wendy.sledd@us.army.mil)

\*Childcare is available at the CAC's play room with care providers at the cost of \$2 per hour per child. Reservations for childcare must be made in advance as space is limited.

CYSS Childcare is available during Parents' Night Out at the Child Development Center. Reservation required.

Contact: (0951) 300 8659

# SUMMER SLAM



All Kids 16 and under bowl for only 75 cents per game throughout the Summer!

**CALL**  
**(0951) 300 7722**

## Kids Showcase - Free Bowling

Sunday 27 June, 11 a.m.-3 p.m.  
All kids 16 and under receive first two games free. Shoe rental is \$1.00 Free hot dog and chips.  
Bamberg's Text Mex kitchen is open:

Mon, Wed, Thur 11 a.m.-9 p.m.  
Tue 11 a.m.-2 p.m.  
Fri, Sat 11 a.m.-11 p.m.  
Sun 11 a.m.-8 p.m.

## TACO ALLEY



## Lunch Special

Mon.-Fri. 11 a.m.-1:30 p.m.  
Purchase one of our daily combo meals during lunch and receive free shoe rental with receipt.

## Taco Pizza Special

every Wednesday  
Receive \$1.00 off on any Taco Pizza you order. Call ins and take out available.



**Educational Bowling Program**  
**for Children - Kids Birthday Parties**  
Contact  
**Birchview Lanes Bowling Center**

## Visit the Birchview Lanes Bowling Bar

Designated Drivers (in parties of 3 and more) receive a free fountain soda. Join the Karaoke Party, Sat. 7 p.m.-midnight. The Bar is open Mon., Wed., Thur., 4-9 p.m., Fri. 3-11 p.m., Sat. 3-12 p.m., Closed Tuesdays and Sundays.







## Recording Studio Workshop

July 1, \$60  
(Intermediate Class)

Are you a musician looking your own music?

to record  
Dream of becoming a record producer? Sign up for the Stable Theater Multimedia Studio orientation class and learn the basics of recording, synthesizers, mixing and more while becoming qualified for private studio usage. Classes are held Tuesday evenings in 4-week, 4-session stages, and tailored depending on skill level when signing up. First session is. Cost \$60 per four-session class, \$15 per session. For more info call Tel. (0951) 300 8647.

## Become a Rising Star 2010



Photo by Tim Hipps, FMWRC Public Affairs

Joey Beebe of Army Entertainment Division supports 2009 Operation Rising Star winner Lisa Pratt while her husband, Capt. Matt Pratt, watches from outside the recording booth at DMI Music's Firehouse Studios on Feb. 1 in Pasadena, Calif. "It didn't hit me until I walked in there and said, 'Wow, I'm actually in a real studio and not someone's garage,'" Lisa said. "It hasn't hit me yet. I think after tomorrow, because tomorrow's like full-force, then it will settle in."

Contact Bamberg's Stable Theater and show your talent to become the 2010 Rising Star! Local competitions will take place August 5, 7 p.m. and August 27, 7 p.m. at Stable Theater. Final Round is scheduled for Sept. 10. Find more detail on this All-Army Singing Contest at [http://www.armymwr.com/recreation/promotions/operation\\_rising\\_star.aspx](http://www.armymwr.com/recreation/promotions/operation_rising_star.aspx)

**Contact:**  
**Bamberg Stable Theater**  
(0951) 300 8647, Bldg. 7119

## Perfect Kids' Entertainment



ARMED FORCES ENTERTAINMENT PRESENTS

**THE JUMPTITZ**  
YOU CAN DO IT.  
SO JUST JUMP TO IT!

The Jumpitz energetic and interactive "Get Up & Go!" show uses playful story, song and dance to empower kids to learn, do and be anything they can imagine. For information, check out featured performers at [www.armedforcesentertainment.com/jumpltz.htm](http://www.armedforcesentertainment.com/jumpltz.htm).

**July 18, 7 p.m.**  
**Stable Theater**  
Free Admission



COMING TO A THEATER NEAR YOU.  
Subscribe to Cadence, our quarterly e-magazine at [armedforcesentertainment.com](http://armedforcesentertainment.com).

**BAMBERG**  
OUTDOOR RECREATION

# Night at the Lake

USAG Bamberg Family and MWR

**Fri. June 11, 6 p.m.**  
Engineer Lake  
Bamberg Warner Barracks

Bldg. 7116  
Tel. (0951) 300 9376

Campfire will be lit at 10 p.m., enjoy a movie under the stars at 11 p.m. Designated camping area near Engineer Lake. Camping equipment available to rent at Outdoor Recreation.

## FAMILY AND MORALE, WELFARE AND RECREATION EMPLOYEE AND CUSTOMER Covenant

ALEXANDRIA, Va The Family and Morale, Welfare and Recreation Command (FMWRC) recently developed a comprehensive, holistic Customer Service Program for Army Family and Morale, Welfare and Recreation (MWR) to create and sustain a customer service culture. The Army Senior Executive Leadership (SEL) approved the program in Fiscal Year 2009 and implementation is now underway. This is a dedicated Family and MWR program to better position employees for success in serving our customers, in support of the Army Family Covenant. The initiative establishes 30 Customer

Service Coordinators, centrally-funded by FMWRC, who are strategically located across garrisons worldwide to support all of Family and MWR. These coordinators will support Family and MWR Directors in implementing, monitoring and sustaining the standardized enterprise program, which aims to increase customer participation and satisfaction, increase employee job satisfaction, retain high-performing employees, and sustain employee engagement and commitment.

The Covenant will be signed during the 4th of July Celebrations at USAG Bamberg's Pendleton Field.



**ARMY FAMILY COVENANT:**  
Keeping the Promise  
Honoring our Commitment  
to Soldiers and Families



Learn more, visit  
[ARMYOneSource.com](http://ARMYOneSource.com)  
to see what the  
Army Family  
Covenant can  
mean for you  
or someone  
you know.



**ARMY FAMILY COVENANT: KEEPING THE PROMISE**  
[ARMYOneSource.com](http://ARMYOneSource.com)

This monthly MWR brochure is published by the MWR Marketing Office. It's distributed to USAG Bamberg high traffic areas and MWR facilities and also available online at [www.bamberg.army.mil/mwr](http://www.bamberg.army.mil/mwr). Circulation is 1,500. Paid advertisement is accepted at MWR Marketing and Advertising, Bldg. 7089, room 410, DSN 469-7747. The appearance of advertising in this publication does not constitute federal endorsement of the advertised products or services.





Building 7029  
DSN 469-7777 CIV  
(0951) 300-7777

## ACS Information and Referral



Eugene Newbold

agencies names and phone numbers to comparisons of similar agencies services, discussions of agencies policies.

Information and Referral provides client referral, follow-up and advocacy services to Soldiers, Family Members, Retirees and DOD Civilians Employees and Families.

Information and Referral serves as initial point of contact for all ACS programs. It provides information to individuals and Families regarding military and civilian resources available to address a wide range of clients. Information ranges from service

**Contact:**  
**ACS**

**DSN 469-7777**



**ARMY FAMILY COVENANT: KEEPING THE PROMISE**  
**ARMYOneSource.com**



**I.A.M.**  
**STRONG**  
INTERVENE • ACT • MOTIVATE

## Military/Family Life Consultants:

Confidential Assistance for short time problem resolution: marriage/relationship stress, anxiety, depression, grief, and other daily life issues  
**(0175) 253 30 20 - (0175) 600 83 73**

# June Schedule

## Relocation Program:

Free language classes for U.S. ID card holders!

*German as a Second Language:* beginner, intermediate and advanced skill levels offered every Tuesday, Wednesday, and Friday. Call ACS for more details.

## Sponsorship Classes:

A successful transition is no accident; training is the key to an effective sponsorship program! Call ACS and let us arrange a class to suit your scheduling needs. Call ACS for more details

## Employment Readiness:

*Resumé 101 Classes:*  
3 June, 1-2:30 p.m., 21 June, 2-3:30 p.m.

## Resumix Class:

4 June: 10 a.m.-11:30 a.m.  
Create the perfect resume for your Federal Job!

## Mobilization/Deployment Program:

*FRG Key Caller Class:*  
1 June, 10:30-11:30 a.m. in the Yellow Ribbon Room (Bldg. 7354). Help keep all members of the FRG closely connected by learning Key Caller duties.

*FRG Funds Management:*  
8 June, 10:30 a.m.-11:30 a.m. in the Yellow Ribbon Room (Bldg. 7354) Learn the ins and outs of managing FRG money.

## FRG Newsletter Writing:

15 June, 10:30 a.m.-11:30 a.m. in the Yellow Ribbon Room (Bldg. 7354). Write a winning newsletter for you FRG that keeps your Families connected with what's going on.

## Exceptional Family Member Program:

*EFMP Summer Camp:*  
Coming in July! Call for more details.

*Respite Care:* Available for EFMP Families, some restrictions apply, please see EFMP Manager for more details.

## Soldier Family Assistance Center:

[www.twitter.com/bambergfac](http://www.twitter.com/bambergfac)

## Army Family Action Plan:

Continue to send your Issues! Now on ICE!

## Family Advocacy:

Building 7487, DSN 469-8397  
*Anger /Stress Management Class:* Every Thursday 1:30-3 p.m.  
A ninety minute class that helps guide ways to a healthy handling of both anger and stress

*Emergency Placement providers:* On-going 24/7 Support children in need of short term emergency care



## Never Leave Your Children Unattended In A Car!

*New Parent Support Program:* On-going - Help new parents learn to deal effectively with their children

*Play Morning:* Every Friday Morning 10-11:30 a.m.

*Sexual Assault Reporting Options:* On-going 24/7 Call for details 469-8397

*Child Supervision Policy:* On-going 24/7 Know your local Supervision Policy, call for details

*Parenting Classes:* Per Request An open ended, on-going class that teaches effective parenting techniques and reviews resources available to Parents

*Single Parenting Classes:* Per Request. Focus on techniques, strategies and resources available

*Couples Communication:* Per Request. Focus on Communication techniques that can enhance a couple's relationship.

[www.bamberg.army.mil/mwr](http://www.bamberg.army.mil/mwr)

## Financial Readiness:

*Debt & Credit Management Class:* 9 June, 9:30 -11:30 a.m. Managing your debts using power pay & Eliminating debts and use credit wisely

*Check Book Maintenance & Bank Class:* 9 June, 1:30-3:30 p.m. Checks, Debits and on-line Banking Reconciliation/ New Bank Rules for Debt/ATM Cards



*Investing & Thrift Savings Plan:*

15 June, 9:30-11:30 a.m.

*Home Loans Class:* 15 June, 1:30-3:30 p.m. Looking forward to that new home? Buyer or Renter Market - Your Decision

*1st Term Briefing:* 17 June, 9:30 a.m. - 4:30 p.m. Mandatory training for 1st Term/Initial Soldiers on financial matters On-line Training at [www.myarmyonesource.com](http://www.myarmyonesource.com)

*Unit Financial Readiness Training:* Upon Request Schedule a Deployment & FRG Briefing for your unit

*Lunch Time Money Track:* 8, 16 June, 11:45 a.m.-12:15 p.m. Q&A with light refreshments provided

Sign up for ACS classes:  
<http://www.emailmeform.com/fid.php?formid=639574>  
Call DSN 469-7777, or (0951) 300 7777